

STRESS MANAGEMENT GUIDELINES*

- ❑ Changing behaviors need to be thought of as a process that takes time. Do not look for quick fixes. Strive for long term results.
- ❑ Do not try to change everything all at once. Select 1 or 2 areas to work on.
- ❑ Think about your choices. Take small steps. Choose situations that will bring immediate satisfaction and success. Don't tackle the biggest problem immediately.
- ❑ Expect some setbacks. Do not become discouraged by them. Return to your managing stress and coping techniques.
- ❑ Keep your self worth apart from your stress management efforts. It is the trying and the effort that is important.
- ❑ Expect change in small areas first. Most stressful situations need to be addressed individually.
- ❑ Let others help! Share your goals with others. Ask them to help with your stress management efforts.
- ❑ Keep a log, or journal of your progress and efforts! It helps to focus your efforts and keeps you aware of what you are doing.
- ❑ Practice several of the stress management techniques that you have learned. Do not rely upon on only one.
- ❑ To benefit from these techniques, you need to use them on a regular basis. Frequent use makes them work better! Do not put them away and think about using them only during rough times. Review the guidelines in a couple of months.

*From American Institute of Preventive Medicine Systematic Stress Management Program